

Greetings Merging Waters,

December 9<sup>th</sup>, 2021

May the joy of the season meet your spirits and those of your families in this time of Advent. As we continue to face times of uncertainty and pandemic, I encourage us all to be called back into our spiritual centre that is the source of all joy in the world. In times of stress, concern, and facing the unknown we can seek joy wherever possible even as we take precautions to care for ourselves and one another.

“When you do things from your soul, you feel a river moving in you, a joy.”  
— **Rumi**

In this time of preparation for the birth of the Christ anew in our hearts and our actions lets take time to recentre ourselves in our spiritual practices. In this pursuit let us ask ourselves a few questions:

- What are the Spiritual practices that centre you?
- What prayer, meditation, mindfulness, work of justice and community, or nature encounter practices bring joy to your soul?
- What activities and which people in your life bring you renewal and joy?
- How often do you make space in your life for spiritual practices that bring you joy?

As we continue our Advent journey, I look forward to engaging in my favourite spiritual practice this Sunday morning, celebrating the blessing of our lives of faith together in worship.

Peace and joy,  
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